

NEBRASKA HEALTH AND HUMAN SERVICES SYSTEM



When considering supplemental fluoride dosing, it's important to thoroughly dialogue with each family as to their actual drinking water source. It is also important to realize a patient's mailing address may not indicate their actual drinking water source. For example, even though a patient may live in a fluoridated community, they may not drink the water. Many families utilize well water, bottled water, etc.

It is best to determine the actual fluoride level of a patient's drinking water source, prior to writing a fluoride prescription. The state laboratory or other labs can provide this service for a nominal fee. The phone number of the state laboratory is (402) 471-2122.

The fluoride supplement dosage schedule has been approved by the American Dental Association, American Academy of Pediatric Dentistry and the American Academy of Pediatrics.

Fluoride Supplemental Dosage Schedule

Community Fluoride Level	Age of Child	Recommended Fluoride Daily Dose
0 - 0.3 ppm	Birth - 6 months	0
	6 months - 3 years	0.25 mg
	3 years - 6 years	.50 mg
	6 years - 16 years	1.0 mg
0.3 - 0.6 ppm	Birth - 6 months	0
	6 months - 3 years	0
	3 years - 6 years	0.25 mg
	6 years - 16 years	0.50 mg
>0.6 ppm	Birth - 6 months	0
	6 months - 3 years	0
	3 years - 6 years	0
	6 years - 16 years	0